

## **SIGN UP FOR TRIP TO NEWPORT PLAYHOUSE**

Join us for a day trip of fun, food and entertainment as we travel to the Newport Playhouse in Newport, Rhode Island. We'll be traveling by motorcoach and leaving from the rear parking lot of St. Mary's Church at 9:00 a.m. on Thursday, April 21<sup>st</sup>. After we arrive, we'll be enjoying a great buffet lunch followed by a performance of the show "One Slight Hitch." This play begins on Courtney's wedding day, and her mom Delia is making sure that everything is perfect. Then, like in any good farce, the doorbell rings and the excitement begins! After the show, it's back to our original table where the dining room is transformed into a captivating Cabaret show of comedy and songs. We'll be arriving home at approximately 6:00 p.m. The cost for the trip is \$91 per person and includes the admission to the playhouse, lunch, motorcoach travel and all gratuities. Sign up for this trip begins on Wednesday, March 16<sup>th</sup> at 8:00 a.m. by calling the senior center at 508-543-1252. Payment will be due by Friday, April 8<sup>th</sup>.

### **Monday, March 14**

Coffee Connection 8:30 a.m. to 3:30 p.m.  
Chair Yoga 9:30 a.m.  
Tai Chi 10:30 a.m.  
Scrabble 12:30  
Knitting 1:00 p.m.  
Shaw's 1:00 p.m.  
Meditation & Relaxation 1:00 p.m.  
Rewind Video Series 2:30 p.m.

### **Tuesday, March 15**

Coffee Connection 8:30 a.m. to 3:30 p.m.  
Stretch & Balance 8:30 a.m.  
Table Top Garden Club 9:45 p.m.  
Zumba Gold 9:45 a.m.  
Nutrition 11:00 a.m.  
Talespinners 2:00 p.m.

### **Wednesday, March 16**

Sign up for Trip to Newport Playhouse 8:00 a.m.  
Coffee Connection 8:30 a.m. to 6:00 p.m.  
Strength Training 8:30 a.m.  
Chorus 10:00 a.m.  
Computer Class 11:30 a.m.  
Target 1:00 p.m.  
TRIAD 1:00 p.m.  
Colorist Club 2:00 p.m.  
Paolo DiGregorio's History Lecture – 5:00 p.m.

### **Thursday, March 17**

Coffee Connection 8:30 a.m. to 3:30 p.m.  
SHINE by appointment 10:00 a.m.  
St. Patrick's Program with Eric Weld 11:00 a.m.  
Low Vision Support Group 1:00 p.m.

### **Friday, March 18**

Coffee Connection 8:30 a.m. to 12:00 noon  
Stop and Shop 8:30 a.m.  
Aerobics 9:00 a.m.  
Cribbage 10:15 a.m.

Card Making Class 10:30 a.m.

### **SPECIAL PROGRAMS**

#### **ST. PATRICK'S DAY LUNCHEON FOR SENIORS**

Massachusetts State Senator James E. Timilty is joining with Foxborough Fire Fighters Local 2252 and Waxy O'Connors to host a complimentary St. Patrick's Day Luncheon for Foxborough seniors at Waxy O'Connors on Monday, March 14, 2016 from 11:30 a.m. to 2:00 p.m. Live entertainment featuring The McMurphys will accompany the corned beef and cabbage meal. Waxy O'Connor's is located at 121 Main Street in Foxborough. To reserve a place, RSVP to Senator Timilty's office by Friday, March 11, 2016 at 617-722-1222 or email him directly at James.Timilty@MASenate.

#### **ST. PATRICK'S DAY WITH ERIC WELD**

On St. Patrick's Day, everyone can claim to be Irish! Join us at the senior center on Thursday, March 17<sup>th</sup> at 11:00 a.m. as we celebrate St. Patrick's Day with music and songs performed by Eric Weld. Get into the spirit of the day and come sing along with Eric or just sit and get your feet tapping. Call us at 508-543-1252 if you'd like us to save you a seat.

#### **HISTORY LECTURE SERIES WITH PAOLO DIGREGORIO**

"Artifactual Scholar" Paolo DiGregorio will be at the senior center at 5:00 p.m. on Wednesday, March 16<sup>th</sup> to present another program in his series of history lectures. The topic on this date is "A Ferocious Tenacity: The Saga of Ireland." Celebrate St. Patrick's Day with this rousing look at the trials and triumphs of Irish history. A story of warriors and priests, poets and politicians, Irish history is a colorful, tumultuous tapestry that has left a lasting legacy. So wrap yourself in green, and come learn about the luck of the Irish. Please call the senior center at 508-543-1252 to sign up and reserve your seat.

#### **CHRONIC PAIN SELF MANAGEMENT WORKSHOPS**

Do you live with back pain, neck pain, fibromyalgia, headaches, osteoarthritis, arthritis, diabetic neuropathy or other long-term conditions? Beginning on Thursday, March 24<sup>th</sup> there will be a series of 6 weekly workshops held at the senior center as part of the Chronic Pain Self-Management Program. If you're struggling with a chronic condition, these workshops are designed to help you gain self-confidence in your ability to control your symptoms and learn how your health problems affect your life. This is an evidence-based program and is funded by a Title 3D grant through HESSCO. The courses will be held from noon to 3:00 p.m. on the following Thursdays: March 24 and 31, and April 7, 14, 21 and 28. A free lunch will be included for all participants. During these six weeks, participants will learn: Disease related problem solving; Practical ways to deal with pain, fatigue and stress; Better nutrition and exercise choices; How to improve your patient/physician relationship; Medications and management, and; Skills to manage symptoms. Seating is very limited. If you're interested in participating, you must commit to attending at least 4 of the 6 weeks of the program. Incentives are built in to reward you for your attendance. Please call us at 508-543-1252 to sign up in advance.

#### **TABLE TOP GARDEN CLUB**

Spring is almost here. Our Senior Center Table Top Garden Club, under the direction of Marsha Lewicke, is meeting again at the senior on Tuesdays, March 15<sup>th</sup> and 22<sup>nd</sup> at 9:45 a.m. We have beautiful table gardens that were constructed for the senior center by Foxborough Rotary Club/Invensys volunteers and the Foxborough Highway Department. This is a great opportunity for you to get some gardening experience with friends. Everyone is welcome and new members are always encouraged to join us. Just give us a call at 508-543-1252 if you're interested in taking part in this fun group as we welcome in the warmer weather and get growing!

#### **SENIOR SUPPER CLUB**

Are you tired of eating supper alone? You are invited to join our Senior Supper Club on one Wednesday each month. Come on over to the senior center for a nice evening meal and join your friends from the Foxborough Council on Aging and HESSCO Elder Services. On Wednesday, March 23<sup>rd</sup> we'll be enjoying our menu of Macaroni and Cheese, Tomatoes Florentine and a Cookie. The event starts at 4:30 p.m. with supper to be served

by 5:00 p.m. A voluntary donation of \$3.00 per person can be given on that evening. Space is limited, so please let us know to save a place for you. Call us at 508-543-1252 by Monday, March 21<sup>st</sup> to make your reservation and to arrange for transportation, if needed.

### **MOVIE DAY**

The Movie Day for the month of March is scheduled for Tuesday, March 22<sup>nd</sup> at 12:30 p.m. and our featured film will be “Maleficent,” the untold story of Disney’s most iconic villain from the 1959 classic “Sleeping Beauty.” A beautiful pure-hearted young woman, Maleficent (Angelina Jolie), has an idyllic life growing up in a peaceable forest kingdom until one day when an invading army threatens the harmony of the land. Maleficent becomes the land’s fiercest protector, but she ultimately suffers a ruthless betrayal – an act that begins to turn her pure heart to stone. Bent on revenge, Maleficent faces an epic battle with the invading king’s successor and, as a result, places a curse upon his newborn infant daughter, Aurora. As the child grows, Maleficent realizes that Aurora holds the key to peace in the kingdom – and perhaps to Maleficent’s true happiness as well. Come join us at the senior center to watch this film, and we’ll supply the hot, fresh popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection and take in a good movie with friends. Please call us at 508-543-1252 if you’d like to sign up.

### **REWIND**

Every Monday afternoon at 2:30 p.m. we’ll be showing videos from our own video library of programs that have been held at the senior center, and we’ll be viewing videos from “The Great Courses” program of the Kastrenos video library series. On Monday, March 14<sup>th</sup> at 2:30 p.m., our video will be Judith Kalaora’s program “I Now Pronounce You: Lucy Stone.”

### **MEN’S BREAKFAST**

The Men’s Breakfast will be held on Thursday, March 24<sup>th</sup> at 9:00 a.m. Our guest speakers this month will be the Community Social Worker Pam McGuire and Community Outreach Worker Cathy Varnum. The cost for the Men’s Breakfast is \$3 and if you would like to join us, please call the senior center at 508-543-1252 by Friday, February 19<sup>th</sup> to reserve your seat. As always everyone is welcome to join us for the speaking portion of the program at no cost after breakfast has been served.

### **SERIES OF THREE ART CLASSES WITH BARBARA MULFORD**

Join us for a free, 3-part series of drawing and painting classes at the senior center with instructor Barbara Gage-Mulford. These classes are designed for both novices and skilled artists. Because we view art as an expression of color, light, shape and texture, the classes are suitable for even those with unsteady hands. Classes will be in a relaxed atmosphere with instruction and a still life to draw/paint. There is no need for students to bring materials, but you are welcome to bring your own materials to class if you’d like. The classes will be held on Thursdays, March 31<sup>st</sup>, April 7<sup>th</sup> & 14<sup>th</sup> from 9:30 to 11:30 a.m. There will be a limited number of openings for the class and all participants must sign up in advance by calling the senior center at 508-543-1252. You should let us know if you will be bringing your own materials or would like the materials to be supplied by the instructor. All participants have a choice of up to 3 mediums to work with and they are: graphite/pencil, charcoal, pastel, watercolor or acrylic. The classes will be taught at the beginner level with both group and individual instruction. Topics include composition, layout, sketching, colors, color mixing, application techniques for the different media and framing methods of your finished artwork.

### **LINE DANCING CLASSES WITH JEANNE AND FAYE**

It’s time to get moving again and do some dancing! Our line dancing instructors Jeanne Bonneau and Faye Sullivan will be back once again to lead us through some line dancing steps. The steps are uncomplicated and the classes are always lots of fun. According to the New England Journal of Medicine, dancing offers us protection against dementia by helping us to create neural pathways by integrating several brain functions at once, increasing connectivity. So, in other words, you’ll be improving your brain power while getting some great exercise. Line Dancing classes will be held at the senior center from 11:15 a.m. to 12:15 p.m. on the

following Wednesdays: March 30, April 2, 9, 16, 23 and 30. Class size will be limited, so please call the senior center at 508-543-1252 to sign up.

### **SOCIAL SECURITY RETIREMENT PLANNING**

Cathy Leblanc, Public Affairs Specialist from the Social Security Administration, will be at the senior center on Wednesday, March 30<sup>th</sup> at 4:30 p.m. to present a program on Retirement Planning. This program is open to the public, so please join us for this opportunity to have your questions answered directly by a representative from Social Security. Please call us at 508-543-1252 to sign up in advance for this program.

### **TRAVEL INFORMATION**

#### **SIGN UP FOR A CAPE MAY & RADIO CITY HOLIDAY TRIP**

It's not too early to start making plans for the 2016 holiday season! On Monday, November 28, 2016, we'll be traveling by motorcoach down to the southern tip of New Jersey to the seaside resort of Cape May for a 3 day / 2 night visit. In the 1800's, Cape May was the top vacation spot of choice for the rich and famous. Today it still captivates visitors with its Victorian grandeur, and the entire town is on the National Register of Historic Places. The beautiful holiday decorations make Cape May a popular destination during the holiday season. We'll be spending 2 nights at The Grand Hotel, an oceanfront hotel on Scenic Beach Drive, and on our 1<sup>st</sup> evening we will be having dinner at the Washington Inn. On day 2, we'll experience the Victorian side of Cape May with a guided tour through the Emlen Physick Estate. We'll visit the Carriage House Art Gallery, view the Cape May Lighthouse on Delaware Bay, and visit the Washington Street Mall, a nostalgic, old fashioned Main Street that runs through the center of town. There will also be a Trolley Ride through the streets of Cape May followed by dinner at the popular Union Park Restaurant. After breakfast on day 3, we're off to New York City. Lunch is included at the Chart House in Weehawken, with a magnificent view of Manhattan across the river. After lunch, we're off to the famous Radio City Music Hall for the 2016 Christmas Spectacular with The Rockettes. The cost for this trip is \$629 per person for a double, \$729 per person for a single and \$619 per person for a triple. If you'd like to join us for this special holiday season trip, please call the senior center at 508-543-1252. Tickets for the Christmas Spectacular have to be purchased well in advance, so please don't delay in signing up if you'd like to travel with us.

#### **TRIP TO THE PRODUCTION OF "SAMSON" / LONGWOOD GARDENS VISIT**

Come join us on Wednesday, June 8<sup>th</sup> when we'll be leaving Foxborough at 6:30 a.m. and traveling via motorcoach for a 3 day/2 night trip to Pennsylvania to experience the Sight and Sound Theater's latest, greatest, and newest production; the biblical story of "Samson." Our hotel accommodations will be at the brand new 4-star Double Tree by Hilton hotel in central Reading, PA where we will be welcomed by a private wine and cheese reception. Following dinner on our first evening, we'll see a brand new musical show. On our second day, we'll travel into neighboring Lancaster County, the home of Pennsylvania's Amish and Mennonite people. Our first stop will be in the town of Lititz for a special program called "Chalk Talk," a 90 minute look into the lives of the Plain People. We will also visit the Kitchen Kettle Shopping Village before taking our seats at the Sight and Sound Theater for "Samson." One of the most captivating stories in the Bible, Samson is the world's first superhero. "Samson" is filled with colorful characters, extraordinary feats of strength and amazing special effects. On our third day we will travel to Kennett Square, PA where we will spend time visiting the beautiful Longwood Gardens; 1,077 acres of gardens, woodland and meadows in the Brandywine Creek Valley and one of the premier botanical gardens in the United States. We'll arrive home at approximately 9:30 p.m. on the evening of Friday, June 10<sup>th</sup>. This trip has been arranged for us by the group tour specialists at Tours of Distinction. The cost per person is \$463 for a double, \$430 per person for a triple and \$557 per single. For information or to sign up for this trip, please call the senior center at 508-543-1252.

### **INCOME TAX ASSISTANCE**

#### **AARP TAX ASSISTANCE**

Free income tax assistance is available for seniors through the Tax Aide Program of the American Association of Retired Persons (AARP). This service is designed to help senior taxpayers with low to moderate income. You will have your income tax forms prepared for you and you will become familiar with the benefits that may

be available to you. The AARP representatives will be available at the senior center on Wednesday afternoons and Thursday mornings. Call the senior center at 508-543-1252 to schedule your appointment. Prior to the date of your appointment, please come to the senior center to pick up the "Tax Preparation Packet." This paperwork must be completed and brought with you to your appointment.

## **MEDICAL INFORMATION AND SERVICES**

### **S.H.I.N.E**

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE program provides free and confidential health insurance information counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1<sup>st</sup> Tuesday and 3<sup>rd</sup> Thursday of the month in the mornings. The next appointments are being scheduled for March 17<sup>th</sup> and April 5<sup>th</sup>. In addition to the SHINE program, Social Worker Pam McGuire and Human Services Coordinator Cathy Varnum are available at the senior center to help answer any questions you may have regarding Medicare and your health insurance options. If you would like to meet with Pam or Cathy, call the senior center at 508-543-1252 to set up an appointment.

## **REGULARLY SCHEDULED**

### **TRIAD**

TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support services. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors and help improve the quality of life of all citizens, especially seniors. TRIAD is a senior citizen run and directed group, and currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month, and the next TRIAD meeting will be on Wednesday, March 16<sup>th</sup> at 1:00 p.m. Everyone is welcome to attend these informational services.

## **LOW VISION SUPPORT GROUP**

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on March 17<sup>th</sup>. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

## **SHOPPING**

We will be going to Shaw's on Mondays at 1:00 and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. We also schedule other shopping trips on Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

March 16 – Target

March 23 - Walmart

## **MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.**

**If you plan to dine at the mealsite, please give Marcia at least two days notice by calling 508-698-0754.**

**The suggested donation for a meal is \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.**

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

**Monday, March 14**

American Chop Suey  
Broccoli  
Honey Wheat Bread  
Pears  
Sodium 362  
Calories 425

**Tuesday, March 15**

Grilled Chicken Bruschetta  
Tuscan Blend  
Italian Pasta  
Scali Bread  
Strawberry Cup  
Sodium 645  
Calories 496

**Wednesday, March 16**

Turkey Stew  
Mashed Potato  
Multigrain Roll  
Gingerbread  
Sodium 828  
Calories 597

**Thursday, March 17**

Corned Beef Hash  
Carrots and Cabbage  
Raisin Bread  
Leprechaun Jello  
Sodium 1213  
Calories 512

**Friday, March 18**

Sweet Potato Pollock  
Parsley Potato  
Green Beans  
Whole Wheat Bread  
Mixed Fruit  
Sodium 386  
Calories 541